



Criminal Justice Initiatives Project



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## **Project START Integrated Dual Disorders Treatment Program**

### **Provider: Sound Mental Health**

#### **Overview:**

Project START began in late August 2003, and was named by a client to emphasize the beginnings of the recovery process. The acronym Sober Transitions And Recovery Today became the moniker to describe the philosophy of harm reduction in a mental health and chemical dependency framework. Project START offers integrated outpatient treatment to adults with co-occurring mental health and chemical dependency disorders. Project START is currently based at the Sound Mental Health (SMH)-Tukwila site specifically to address the needs of clients referred directly from the Maleng Regional Justice Center (MRJC) and municipal jails located in South and East King County. In January 2011, Project START incorporated the evidence-based practice known as Integrated Dual Disorders Treatment (IDDT) in their curriculum.

#### **Eligibility:**

- Participants must meet clinical eligibility involving co-occurring mental health and substance use disorders.
- Be referred by release planners or criminal justice liaisons assigned to the MRJC or the five municipal jails in King County including Enumclaw, Issaquah, Kent, Kirkland, and the South Correctional Entity (SCORE, located in Des Moines and serves the Cities of Auburn, Burien, Des Moines, Federal Way, Renton, SeaTac, and Tukwila).
- Other eligibility requirements include not having income that is greater than 200% of federal poverty level, being homeless or resident of King County, and having 2 or more incarcerations with the most recent within 90 days of referral.
- Please contact SMH program coordinator for further eligibility requirements.

#### **Services:**

- Comprehensive mental health and chemical dependency evaluation and treatment
- Linkage to residential/inpatient chemical dependency treatment if needed
- Transitional housing
- Group sessions (at least two per week)
- Individual sessions
- Intensive case management

- Moral Reconation Therapy
- 24 hour crisis intervention
- Payee services
- Psychiatric evaluations and medications management
- Forensic peer support
- Vocational services
- Linkage to medical, dental, and employment services
- Assistance with securing more permanent housing
- Couples and family therapy

**Length of Benefit:** 18 consecutive months unless approved by King County for an extension on an exception to policy basis

**Program Participant Requirements:**

- Must attend two groups per week from list provided in this packet
- First 2 months of housing are free; beginning the third month participant must contribute 1/3 of their monthly income towards the cost of housing services. Participants shall obtain a money order payable to Sound Mental Health, and give to receptionist at the front desk on the second floor of Sound Mental Health in Tukwila. Failure to contribute 1/3 of income toward housing each month of enrollment will result in loss of housing benefit issued by START Program.
- If participant plans on moving out of current housing, the move must have prior staff approval.
- If the participant's phone number changes, they must notify their case manager or other Project START staff of the change.
- Appointments with the medications provider (ARNP) are infrequent so scheduled appointments must be kept, if possible. Participants who are unable to make a scheduled appointment should call at least 24 hours prior to the appointment time.
- Participants who have not met with the ARNP before should bring all of their medications with them to their first appointment.

**Address and Contact Information:**

Project START Tukwila is located at 6100 Southcenter Blvd., Ste 200, Tukwila 98188. Please contact John Mack, Program Coordinator, Sound Mental Health, at 206-302-2614 or [JohnM@smh.org](mailto:JohnM@smh.org) for more information.

This program is part of the King County Criminal Justice Initiatives Project (CJIP) King County Mental Health, Chemical Abuse and Dependency Services Division  
Contact: Dave Murphy, CJI Project Coordinator, (206) 263-8954 or [Dave.Murphy@kingcounty.gov](mailto:Dave.Murphy@kingcounty.gov)